APPENDIX C Climbing Bars



Figure D-1.

Climbing Bars Specifications

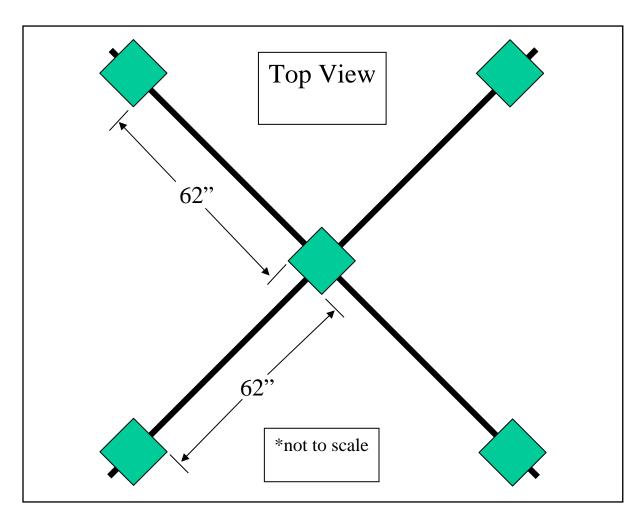


Figure D-2.

The specifications for the climbing bars are as follows:

- □ The posts (5) are 6" x 6" x 12' and sunk 3 feet into the ground.
- □ The bars (2) are threaded water pipe, 1.5 inch outside diameter, 12 feet long with 1-inch end caps (4).
- \Box The bars are throught the 6x6s at 7.5 and 8 feet above the ground.
- □ The distance from inside post edge to inside post edge is approximately 62 inches (refer to Figure D-2). This is to allow enough bar space to conduct all exercises safely.
- □ The step-ups (16 inches long) are cut from 4" x 4" x 8' posts and secured to the 6x6s with 3 inch screws that are counter sunk.
- □ The step-ups on the outside 6x6 posts are 18 inches from the ground, the step-ups on the inside post are 24 inches above the ground (refer to Figure D-3).

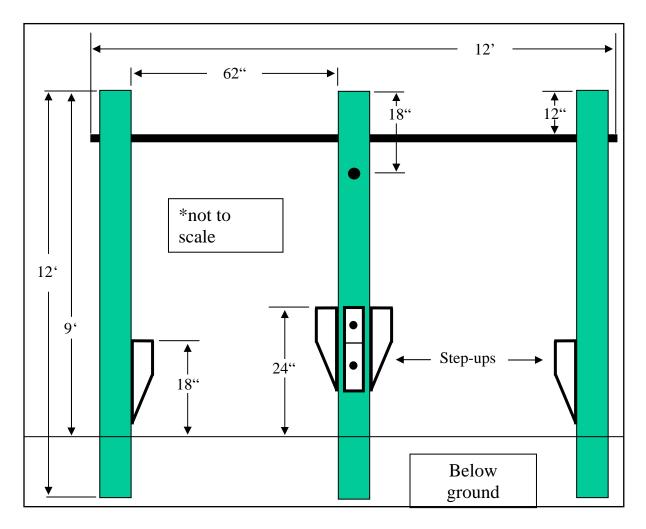


Figure D-3.

The following planning considerations apply:

- □ Climbing bars provide adequate space and facilitate better command and control than traditional pull-up bars. Traditional pull-up bars are too narrow to safely and efficiently conduct the climbing drills.
- □ Employment of multiple climbing bar "pods" as shown in Figure D-4 will allow for efficient mass training. The climbing drills require one bar for every three soldiers when performed as a single activity.
- ☐ The total ground surface area for four pods is only 625 square feet.
- □ Four pods will accommodate 16 stations x 3 soldiers per station for a total of 48 soldiers.
- □ Additional free-standing pods should be constructed to accommodate more soldiers.

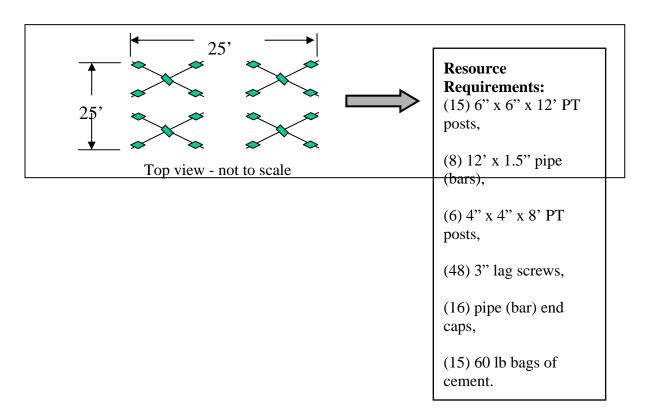


FIGURE D-4.